

freemotion

# GENESIS DS

**LIFT / STEP**

MODEL # **GD504**

## *CABLE STRENGTH* **GENESIS DS**

Program explosive, power step-ups superset with a deadlift for a metabolic workout on one versatile machine. The DS Lift/Step machine features the signature GENESIS swivel pulleys and cable travel that provide extensive range of motion. Textured platform and step help to ensure secure foot placement. For deconditioned clients or users building up strength after injury, the step adjusts to fit their needs.



GENESIS DS LIFT/STEP

PRODUCT FEATURES

DUAL STATIONS

Training two body parts on the same machine saves valuable floor space. Users can quickly transition to different exercises for metabolic training.

FINE-TUNE RANGE OF MOTION

The step adjust vertically to customize range for users of varying heights and fitness abilities.

FREEDOM TO MOVE

The swivel pulley design combined with the extensive cable travel allows users a wide, fluid range of motion.

SURE FOOTING

Textured step and platform help ensure secure foot placement even during dynamic exercise.

WALK UP AND WORK OUT

With no required adjustments, users can simply walk up, put on the foot harness and start moving.

EXTENSIVE CABLE TRAVEL

Cable length allows for full flexion and extension. Single arm: 76 in / 193 cm, two arms: 38 in / 96.5 cm.

MOVEMENT VARIETY

Handles move independently for single and alternating side exercises.

ENCLOSED WEIGHT STACKS

The weight stacks are enclosed to limit access to moving parts for safety.

BUILT TO LAST

Constructed with 11- and 7-gauge steel and electrostatically powder-coated, this machine is built to stand up to the rigors of the weight room.

SPECIFICATIONS

Resistance	1 arm: 90 lb / 40.8 kg 2 arms: 180 lb / 81.6 kg
Pulleys	Aluminum swivel pulleys
Cable Travel	72 in / 182.8 cm per arm
Rubber Feet	Soft PVC
Weight Stack	QTY 2 - 180 lb / 81.6 kg
Weight Stack Configuration	2 - 10 lb top plates, 34 - 10 lb plates 2 - 4.5 kg top plates, 34 - 4.5 kg plates
Standard Frame Color	Black River, Platinum Sparkle
Product Dimensions L x W x H	65 x 37 x 64 in 165.1 x 93.9 x 162.5 cm
Product Weight	724.6 lb / 328.7 kg
Shipping Dimensions L x W x H	74.8 x 38.9 x 45.3 in 189.9 x 99 x 115.1 cm
Shipping Weight	863.1 lb / 391.5 kg
Certifications	EN957, CE

# WARRANTIES

<b>CARDIO: HIGH-USAGE - 22, 10, &amp; 8 SERIES</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Frame (not including coatings), Drive Motor	7 Years	7 Years
Parts and Console	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<b>CARDIO: LOW-USAGE - 22, 10, &amp; 8 SERIES**</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Frame (not including coatings), Drive Motor	7 Years	7 Years
Parts and Console	3 Years	3 Years
Labor	3 Years	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<b>TV ATTACHMENTS</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
MYE Digital LCD TV	3 Years	3 Years
MYE TV Controller & Wireless Receiver	2 Years	2 Years
MYE Wireless Transmitter	5 Years	5 Years
<b>INDOOR BIKES</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Frame (not including coatings)	7 Years	7 Years
Belt	5 Years	5 Years
Parts and Console	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<b>FUSION</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Frame (not including coatings)	10 Years	10 Years
Parts	2 Years	2 Years
Ropes and Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<b>STRENGTH/BENCHES/RIGS/RACKS/ATTACHMENTS</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Frame (not including coatings)	10 Years	10 Years
Parts	3 Years	3 Years
Cables and Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
Upholstery & Padding	120 Days	120 Days
<b>FREE WEIGHTS</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Urethane-coated Weights (repair or replace at our discretion)	3 Years	3 Years
Rubber-coated Weights (repair or replace at our discretion)	2 Years	2 Years

\*Includes Non-warning Decals, Deck Rails, Pulse Grips, USB, Audio Jack, Handrails, Shrouds/Covers, Fan Levers, Water Bottle Holders, Pedals, Pedal Straps, Seats (Bikes only), Handles/Levers/Knobs, Hand Grips, Removable Trays, Weight Pins, Springs, Belts (except Walking Belts), Accessories, Rust on Any Metal Components.

\*\*For non-dues paying facilities with machine usage of 6 hours or less per day.